

WINNER

Dr. VAASILI with GVGK Murthy



Win and
make Winners



A BOOK FROM YOGAALAYA RESEARCH CENTRE

THE WINNER

WIN AND MAKE WINNERS

by

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with **GVGK MURTHY**

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THE

WINNER

Win and make Winners

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TOWARDS SUCCESS,
IS THE FEELING THAT WE CAN SUCCEED"

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MOTHERS LAP : VICTORY'S FIRST ABODE

- ◆ PLAY IN LIFE ...
BUT NEVER PLAY WITH LIFE
- ◆ YEARN FOR VICTORY
- ◆ GAME OF PLAN
- ◆ GET READY
- ◆ THOUGHT IS THE TOOL
- ◆ MOVE ALONG FOR VICTORY





Our journey of life starts from the lap of mother. The learning of the lessons gets initiated in this effective and affectionate school of life. As a child our endeavors begin with full confidence and continue till the task is completed. The number of trials, failures, ups and downs never bothers the mind nor deters us from making a fresh trial. Of course, the confidence drawn from mothers support and encouragement drives us to accomplish the task. Our attitude towards life builds up and transforms into a strong force to steer us in the life's journey and the lap of mother becomes our victory's first abode.

As we grow up, various events and circumstances influence our life. With each defeat and downfall our courage and confidence gets weakened. That is where we should remember our first abode of victory, where we never stopped till the target was reached and never our confidence was shackled a bit in spite of defeats. This attitude of our childhood made us successful in every effort and victorious in every game that we played shall be the guiding principle throughout our life's journey.

When we play ... let it be life or playground ... we have victories, defeats and insults. Yes, in the beginning, every defeat appears like an insult. Still we need a firm will. If we step forward with will power ... we will definitely be victorious. Such a victory sets a goal and gets carried over throughout the life. Hence we can say victory is the destination to life.

PLAY IN LIFE ... BUT NEVER PLAY WITH LIFE

The games played in life are small events ... winning such events is a short-term goal. But the long-term goal is to treat life as a tournament ... winning the trophy shall be the aim of the tourney. This means we should be victorious in life but not get defeated. Yes, victory and defeat are two sides of a coin ... head or tail ... life ought to don a flag of victory.

Once we grow up, the games played in childhood become the inspiration for international events. The cheers of the international arena shall remind us of the cheers made in the lap of our mother. That's indeed is the life's goal.

YEARN FOR VICTORY

It is neither a fault nor a mistake to wish for a victorious life. It is not impossible either. When the determination to win exists, the wish becomes real and true. Then the real effort makes life a saga of victories. However, we must have the awareness to see reality and assess the chances of winning. At the same time we should be able to judge our limitations.

We all know that life is full of desires. So, desire is the key to thinking. Then the process begins with assessing possibilities. As it takes shape and goals set ... the shores to reach and peaks to climb are clearly seen. The final result is based on our efforts and ability to explore the possibilities.

THE GAME OF LIFE

The next step is to hoist the flag on the highest peak. Here we need proper planning to reach such heights. Once the trial starts, the height is automatically known. If we just stare, it may appear very high and doubt whether it can be reached at all. Unless we have the foresight to notice the unseen valleys, mountainous terrains, deep forests and wild animals, a proper plan cannot be drawn nor suitable kits made ready. Observation is needed for preparation.

Expectation depends on preparation ... expectations without proper preparation will not yield any results. Hence we can say expectation means preparation. If we expect the best result the preparation should be par excellent ... either in studies or for other tasks ... our confidence levels should be high. That means preparation is the foundation for confidence building.

GET READY

At every juncture of our trials the goal is always clearly visible ... we should be on the top it. Once we reach the top to hoist the flag, the obstacles and bottlenecks that we faced may not count at all. We hoist the flag ... that is victory. Under no circumstances, without actually reaching the summit, should we withdraw from our attempts thinking that we have almost reached the top. If in distress we stop the journey ... then it is nothing but defeat. So we have to keep in mind that lack of trials is in itself is a defeat in life. At the same time we should be mindful that life as a whole never gets defeated.

We like to see victory as life and life as a victory. This is a universally accepted spirit and should be a part of our personality. If we want to be successful and be

the winner we have to leave behind all the meaningless traditions, practices, superstitions and blind beliefs. What we need is a path to success and we should keep in mind that prostration and servitude do not help us achieve progress.

THOUGHT IS THE TOOL

Life means victory. Celebrating birthdays means beginning a new life and reopening the gates to it. As a matter of fact, victory alone is the real birthday and celebrations in life shall be the valuable victories achieved in each passing year.

We all know that thought is our chief instrument in all the fields of life. We possess the energy to think and double that energy to put the thoughts into action. If all such energies are directed towards the destination ... then our life will be full of energy. Losing means that we are limiting ourselves to a fixed sphere. Fixing limits or allowing someone else to fix our limits is the lesson we should learn in life.

MOVE ALONG FOR VICTORY

The selfish 'me and my life' attitude makes it difficult to progress in the present day world. We should compete with the world and at the same time go along with the world. This means we need a collective effort ... that is 'team spirit'. We all know that team spirit means to think together and to streamline such collective thoughts to move in a unitary direction fortifying all the energies for a collective effort. We should not forget that for today's life our thought itself is a tool.

Our life doesn't go beyond our thoughts. So we shall think in a right direction, step forward with awareness and observe others moving with us. Such people become our friendly associates in future. They are the first steps in our path to victory.

ALWAYS REMEMBER

- | | |
|---------------|--------------|
| ★ Win | ★ Victory |
| ★ Destination | ★ Aim |
| ★ Reality | ★ Truth |
| ★ Possible | ★ Impossible |

- | | | | |
|---|--------------|---|-------------|
| ★ | Perseverance | ★ | Practice |
| ★ | Observation | ★ | Preparation |
| ★ | Expectation | ★ | Confidence |

THINK IT OVER

- ☞ Play in life ... but never play with life.
- ☞ Life itself is a saga of victory.
- ☞ The desire to know initiates thinking.
- ☞ When the trial starts the heights are known.
- ☞ Expectation depends on preparation.
- ☞ Confidence levels increase with preparation.
- ☞ Treat victory as life and life as victory.
- ☞ We possess energy to think and also twice that energy to put our thoughts into action.
- ☞ Go along with the world.
- ☞ Step forward with awareness.

QUESTION YOURSELF

☞ What are the obstacles for victory?

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☞ How do we know our limitations?

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 What advantage is there with awareness?

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 How are we confident of ourselves?

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 How can a failure be defined?

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 Shall we say 'Thought is our weapon for victory'?

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REVIEW ONCE

 My goal for the present

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 My life's ambition

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 My effort to reach the target

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✓ Ways and means to realize the ambition

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✓ Making an effort – alone or with a team!

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MY DECISIONS AND PLANS

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End of Preview.

Rest of the book can be read @
<http://kinige.com/book/Winner>

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